

Spinach Frittata

Dietitian's tip: Frittata is an Italian omelet with cheese, meat or vegetables mixed into the eggs rather than folded inside the eggs. This omelet makes for a special breakfast or an easy supper.

Ingredients:

- 1 teaspoon olive oil
- 1 garlic clove, minced
- 3 cups baby spinach leaves
- 3 whole eggs, plus 4 egg whites
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 yellow onion, chopped
- 1/4 cup minced red bell pepper
- 2 waxy red or white potatoes, about 3/4 pound total weight, peeled and shredded
- 2 tablespoons chopped fresh basil
- 1/4 cup shredded part-skim mozzarella or provolone cheese



Directions: Preheat the broiler. Position the rack 4 inches from the heat source.

In a large, nonstick frying pan with a flameproof handle, heat 1/2 teaspoon of the olive oil over medium heat. Add the garlic and sauté until softened, about 1 minute. Stir in the spinach and cook until it wilts, 1 to 2 minutes. Transfer to a bowl. Set the frying pan aside.

In a bowl, whisk together the whole eggs and egg whites. Stir in 1/4 teaspoon of the salt and the pepper. Set aside.

Return the frying pan to medium heat and heat the remaining 1/2 teaspoon olive oil. Add the onion and sauté until soft and translucent, about 4 minutes. Stir in the remaining 1/2 teaspoon salt, the bell pepper and the potatoes and cook until the potatoes begin to brown but are still tender-crisp, 4 to 5 minutes.

Spread the potatoes in an even layer in the pan. Spread the spinach evenly over the potatoes. Sprinkle with the basil. Pour in the beaten eggs and sprinkle evenly with the cheese. Cook until slightly set, about 2 to 3 minutes.

Carefully place the pan under the broiler and broil until the frittata is brown and puffy and completely set, about 3 minutes. Gently slide onto a warmed serving platter and cut into wedges. Serve immediately.

SERVES 4

Nutritional Analysis (per serving):

Calories 176

Cholesterol 163 mg

Protein 12 g

Sodium 611 mg

Carbohydrate 16 g

Fiber 2 g

Total fat 6 g

Monounsaturated fat 3 g

Saturated fat 2 g

Potassium 544 mg

Calcium 93 mg

<http://www.mayoclinic.com/health/healthy-recipes/RE00015>